

April 2022



Hilliard Senior Center Hours
Monday-Friday 8 am - 4 pm

Mon	Tue	Wed	Thu	Fri
(MP) = Multipurpose Room (CR) = Craft Room	(CA) = Card Room (CL) = Class Room	(G) = Gym (L) = Library	(LO) = Lobby	1 10a Open Studio (CR) 11a Indoor Walking (G)
4 8a-4p Taxes (CL, CA, L) 9a Writers Group (CR) 11a Indoor Walking (G) 12p Duplicate Bridge (MPK) 12p Samba (MPS) 12:30p Pinochle (MPS)	5 TRIP 8a-4p Taxes (CL, CA, L) 8a Indoor Walking (G) 9:30 Chair Yoga (MP) 12p Lunch (MPK) 1p Samba (CR) 1p Mahjong (MPS)	6 TRIP 8a-4p Taxes (CL, CA, L) 9:30a Bridge (MPK) 10a Craft Club (CR) 11a Indoor Walking (G) 12p Samba (CR) 12:30p Euchre (MPK)	7 8a Indoor Walking (G) 9:30a Mexican Train Dom. (CR) 9:30 Yoga (MP) 11a Blood Pressure FD (LO) 12p Lunch (MP) 1p Bingo (MP) 1p Samba (CL) 1p Pinochle (CA)	8 10a Open Studio (CR) 11a Indoor Walking (G) 12p Happiness Club (MP) 1:30p Fall Prevention (CL)
11 8a-4p Taxes (CL, CA, L) 9a Writers Group (CR) 10a Bible Study (MPS) 11a Indoor Walking (G) 12p Duplicate Bridge (MPK) 12p Samba (MPS) 12:30p Pinochle (MPS)	12 8a-4p Taxes (CL, CA, L) 8a Indoor Walking (G) 9:30 Chair Yoga (MP) 10:30a Book Club (CR) 12p Lunch (MPK) 1p Samba (CR) 1p Mahjong (MPS)	13 TRIP 8a-4p Taxes (CL, CA, L) 9:30a Bridge (MPK) 10a Craft Club (CR) 11a Indoor Walking (G) 12p Samba (CR) 12:30p Euchre (MPK)	14 8a Indoor Walking (G) 9:30a Mexican Train Dom. (CR) 9:30 Yoga (MP) 12p Spring Fling Dance / Lunch 1p Samba (CL) 1p Pinochle (CA)	15 10a Open Studio (CR) 11a Indoor Walking (G) 12p Blood Drive (MP)
18 TRIP 9a Writers Group (CR) 11a Indoor Walking (G) 12p Duplicate Bridge (MP) 12p Samba (CL) 12:30p Pinochle (CA)	19 8a Indoor Walking (G) 9:30 Chair Yoga (MP) 12p Lunch (MP) 1p Samba (CL) 1p Mahjong (CA)	20 9:30a Bridge (CA) 10a Craft Club (CR) 11a Indoor Walking (G) 12p Clear Kitchen Lunch 12p Samba (CL) 12:30p Euchre (CA)	21 8a Indoor Walking (G) 9:30a Mexican Train Dom. (CR) 9:30 Yoga (MP) 11a Lunch & Learn (MP) 12p Lunch (MP) 1p Bingo (MP) 1p OSHIIP (CR) 1p Samba (CL) 1p Pinochle (CA)	22 TRIP 10a Open Studio (CR) 11a Indoor Walking (G) 12p Prayer Lunch (MP)
25 9a Writers Group (CR) 11a Indoor Walking (G) 12p Duplicate Bridge (MP) 12p Samba (CL) 12:30p Pinochle (CA)	26 8a Indoor Walking (G) 9:30 Chair Yoga (MP) 10a Health Wellness Fair (G) 12p Lunch (MP) 1p Samba (CL) 1p Mahjong (CA)	27 9:30a Bridge (CA) 10a Craft Club (CR) 11a Indoor Walking (G) 11a Lunch & Learn (MP) 12p Samba (CL) 12:30p Euchre (CA)	28 TRIP 8a Indoor Walking (G) 9a Mex. Train Dominoes (CR) 9:30 Yoga (MP) 10:30a Po-Ke-No (CR) 12p Lunch (MP) 1p Bingo (MP) 1p Samba (CL) 1p Pinochle (CA)	29 TRIP 10a Open Studio (CR) 11a Indoor Walking (G)

Aspiring Writers Support Group *(Mondays, 9 a.m.)*

Weekly informal networking session for aspiring writers. Each person works on their own project on their own time and shares with the group.

Bible Study *(2nd & 4th Monday, 10 a.m.)*

Bring your own bible and join this discussion!

Billiards & Library *(Daily)*

Check out books and puzzles, use the computer, or shoot pool.

Bingo *(Thursdays, 1 p.m.)*

Sponsored by Ohio Living Westminster-Thurber, Norwich Springs Health Campus, VITAS Healthcare, The Forum at Knightsbridge, and Wesley Glen Retirement Community.

Blood Pressure Checks *(1st Thursday, 11 a.m. - 12 p.m.)*

Norwich Township FD will be available for free blood pressure checks.

Book Club *(2nd Tuesday, 10:30 a.m.)*

April Title: *The Midnight Library* by Matt Haig

Craft Club *(Wednesdays, 10 a.m.)*

Work on various projects for donations. Supplies provided.

Hilliard Express—Senior Transportation

The Hilliard Express is a free door-to-door transportation service for Hilliard seniors 55+. To schedule a ride, call 1-833-SHARE-33, or visit SHAREMobility.com/hilliard.

Hilliard Park Café Lunches *(12 p.m.)*

Register by 4 p.m. the preceding day. \$5 members, \$7 non-members. Meal tickets (members) are 3 for \$15, 6 for \$29, or 12 for \$58.

Indoor Walking *(M,W,F 11 a.m. to 1 p.m., TU,TH 8-9 a.m.)*

Walk the perimeter of the indoor gym.

Mexican Train Dominoes *(Thursdays, 9:30 a.m.)*

Come try Mexican Train Dominoes! The goal of Mexican Train is to be the first player to lay down all your dominoes. Tiles left in your hand count against you, so play strategically to get rid of the high-numbered tiles.

Open Studio *(Fridays, 10 a.m.)*

Artists can work on drawings or paintings & meet other artists. BYO supplies.

NEW! Yoga Classes *(Tuesdays & Thursdays, 9:30 a.m.)*

Starting March 22! \$5 per class. Tuesdays - Chair Yoga with Melanie Ross. Thursdays - Yoga with Cindy Brewer.

OSHIIP *(4th Thursday, 1 p.m.)*

The Ohio Senior Health Insurance Information Program provides free information and other health insurance services to Ohioans covered by Medicare. Schedule a one-on-one appointment at the front desk.

Po-Ke-No *(4th Thursday, 10:30 a.m.)*

Sponsored by Bluebird Retirement Community.

Happiness Club *(2nd Friday, 12 p.m.)*

The Happiness Club is a fundraising arm of the Senior Center. Register by 4 p.m. the Wednesday prior to join for lunch, a business meeting, and entertainment. \$5 check, card, or meal ticket, plus \$1 cash to Happiness Club.

Prayer Luncheon *(4th Friday, 12 p.m.)*

An area minister presents a short message after lunch. Register by 4 p.m. the preceding day. \$5 for members, \$7 for non-members.

OSU Fall Prevention & Medication Review *(April 8, 1:30 p.m.)*

Join students and faculty from OSU College of Pharmacy for a brief educational session regarding fall prevention tips and tricks. The first ten people to register may stay for one-on-one medication reviews to screen for Fall Risk Increasing Drugs. Prizes for participation in these activities!

Spring Fling Dance & Lunch *(April 14, 12-2 p.m.)*

Breakout your dresses, suits, and dancing shoes! Start the party with lunch at noon, then 3C Highway will play from 12:30-2 p.m. Enjoy punch and hors d'oeuvres, take a picture at the photo booth, and maybe even take part in a dance contest! No Bingo today. Pre-registration required by Tuesday, 4/12. Cost is \$6. Cannot use meal tickets, and no carry-out meals.

Lunch & Learn: Financial Security in Retirement *(April 21, 11 a.m.)*

The strategy that got you to retirement may not get you through retirement. Without a defensive strategy against market risk, taxes, and the increasing cost of long-term care, you could run out of money. Learn how to avoid these risks. All attendees will receive a free Hilliard Park Café lunch.

Health & Wellness Fair *(April 26, 10 a.m. - 1 p.m.)*

This free event will include vendors for physical therapy, rehab, Medicare, transportation, assisted living, home healthcare, hospice, senior services, and volunteer opportunities. Get helpful information and connect with resources!

Lunch & Learn: Medicaid 101 *(April 27, 11 a.m.)*

Join Jenny Jones from ProMedica and Jackie Collins from Collins & Kruse Law Office for a presentation about understanding the basics of Medicaid, how to protect assets, and planning ahead. A lunch will be provided!